GOOD NEWS FOR HOMEMAKERS

SHIRLEY W. WALTON
EXTENSION AGENT

APPLY SAFETY PRACTICES to HOUSEKEEPING

Job safety at home is as important as it is in manufacturing plants and offices. Any homemaker who has suffered a burn, broken bone or sprain knows this.

Everyone should check safety habits from time to time to be sure bad customs have not developed. Be aware of work patterns for a few days.

Dress properly for the job. Wear well-fitted shoes with low heels and non-slip soles. Clothing should be comfortable, allowing for free movement. Avoid flowing skirts, billowing sleeves and flimsy, fluttering fabrics which can catch on objects or ignite easily.

Take a break from work when fatigue sets in; don't try to set speed records. A steady pace with short rest periods is more likely to get the job done without mishap. It is also important not to schedule more than can be sensibly handled in a given period of time.

Avoid taking hazardous shortcuts. When trying to reach a high shelf, it is a great temptation to use the nearest chair or other means to gain extra inches. This can mean disaster! Always use a sturdy stepstool or ladder and place it solidly before climbing. Also, restrain the desire to lean out a little further than is reasonable. This situation often happens when painting, scrubbing walls and wood-work or washing windows.

Carry only as much as is comfortable, weightwise and sightwise. Carrying boxes, a stack of clothes, or anything else that is too high to see over and around is risky business.

Don't collect articles on stairways to be taken up or down at later convenience. Forgetting they are there, or for another family member who isn't aware of the obstacles, can lead to a nasty fall.

For safety underfoot, small rugs and mats without skid-proof backing, or those which laundering has removed, can be coated with a non-slip spray or fitted with adhesive-backed rubber strips. Rugs with a non-skid finish should be vacuumed often and cleaned with a detergent or soap-filled sponge from time to time since dirt keeps the finish from gripping the floor. Check bare floors for uneven or rough areas, loosened tiles and wide cracks.

Always wipe up spilled liquid, food and grease promptly with a sudsy sponge. There is many a slip in a spot of grease, and water alone may not pick it up. Keep floors, especially traffic lanes, clear. Small objects are so easy to slip or trip on.

After scrubbing the floor, rinse well before applying wax. Soft, smeary wax is unsafe. The slip hazard can be decreased by buffing wax thoroughly to remove excess polish.

All through the house, appliances, both large and small, should be in good working order. Check information booklets for each to be sure that the manufacturer's recommendations for proper use and cleaning are being followed.

The kitchen is often the scene of accidents. Most are avoidable by keeping the kitchen spotlessly clean, keeping equipment in good repair and practicing good work habits.

Examples include cleaning oven and broiler pans regularly to prevent accumulation of grease. Always use pot holders to remove cookware from range and oven -- never dishtowels. Lift lids of pots with edge away so hot steam can escape safely. And keep pot handles turned inward--though not over another burner or a pilot light--to prevent hot food or liquids from being knocked over.

Keep a sponge handy to wipe kitchen counters frequently while working and avoid too much clutter. Always disconnect small appliance cords, first from the outlet and then from the unit. Allow appliances to cool before washing. Never touch electric cords with wet hands and keep operating appliances away from water.

Test water temperatures before plunging hands in. Store knives and other sharp objects carefully and when washing, never leave these items hidden in dishwater. Wash each separately before going on. Unless washing glassware, don't handle these pieces with wet hands since they can slip, break and cause an accident.

Household and other cleaning products are harmless when used correctly. However, they may cause trouble when misused. Never place cleaning products within the reach of children or pets, nor place them in low cabinets. An upper wall cabinet is safer. Products should be kept in original containers.

Carefully read directions, special instructions and warnings on packages and containers of household cleaning products before using. And, never mix two or more specialty substances such as bleaching solutions, ammonia, toilet bowl cleaners, rust removers and oven cleaners. Chemical mixtures may interact releasing irritating gases.

Always keep job safety in mind with the idea of eliminating potential hazards or safe-guarding against them by improving or changing work routines.

Craft Center Opening Friday

The Historic Appomattox Station Arts and Crafts Center held its regular annual meeting on March 6. Officers and Board members for the 1976-77 year were elected and are President, Mrs. Margaret O'Brien; Vice President and Executive Director, Mrs. Millie Lusk; Secretary/Bookkeeper, Mrs. Geraldine Marshall; and Treasurer, Mrs. Mary Bartelt. These officers in addition to Mr. DeWitt Evans, Mr. Paul Younger and Mrs. Verna Conner will serve on the Executive Board.

After a short business meeting a program on "Professional Excellence" was given by Mrs. Shirley Walton, IID Agent for Appomattox County. Mrs. Walton showed slides and talked about design, creativity, function of the article and how handicrafts fit into your home. This was very informative and beneficial to everyone.

A special project this year will be making a quilt. Yes, on a real quilting frame! The frame will be set-up in the 3rd room of the depot and center members will be adding a few stitches each day. When this quilt is finished it will be for sale.

If you have been wondering what is happening in the depot, with all the activity, we would like to invite you to come by and see. With the newly painted interior provided by the Town of Appomattox the craft center members have been co-ordinating the colors of their display shelves and cabinets with that of the depot walls.

The center will be open on week ends during April and May - Friday and Saturday 10 a.m. to 5 p.m. and Sunday 1 to 5 p.m. For additonal information call 352-8603.

Youth Revival Planned For New Hope Baptist

A Youth-Led Revival is planned for New Hope Baptist Church, Vera, for this week end, April 2-4. There are five college young people coming to share their faith in Jesus Christ. Miss Cindy O'Brien is a junior music major at Bluefield College. She was "Miss Bluefield College" in 1974, was in the top 10 semi-finalists in the "Miss Virginia" Pageant, and won the "Miss Congeniality" award that year. Mr. Dennis Tan is a senior business major at Bluefield College, from Malaysia. Dennis accepted Christ at Bluefield College. His parents who live in Malaysia are Buddhist, and Dennis plans to return to Malaysia this summer. Miss Diane Clark is a junior at Madison College. She plans to enter some phase of Christian education after graduation. Mr. Mike DuVal is a junior at the University of Richmond and was a member of the Calvary Baptist Student Union Drama Team this past summer. Mr. Gary Stewart is a senior at the University of Richmond and plans to enter law school or seminary upon graduation in May.

The Youth Team will lead in a worship service at New Hope on Friday night, April 2, at 7:30 p.m., followed by a fellowship in the Fellowship Hall for the youth. Saturday will be spent in visitation, a drama workshop, and youth choir rehearsal. On Saturday night, April 3, there will be a combined youth program at Liberty Baptist Church following the "Miss Appomattox" Pageant. There will be free pizza and cokes for all youth who attend. The Youth Team will lead in a creative worship service at that time. The concluding service will be held on Sudnay morning, April 4, at 11 a.m.

New Hope Baptist Church invites both youth and adults to come and share with them in this Youth-Led Revival, beginning on Friday night, April 2 at 7:30 p.m.

RECEIPE OF THE WEEK

PISTACHIO CAKE

1 box yellow cake mix
3 boxes pistachio instant pudding mix
4 eggs
1 cup cold water, orange juice or 7-Up
3/4 cup oil

Mix well and bake one hour at 350 degrees. (I use a tube pan.) This cake may be iced or eaten plain.

Icing:
1 6-oz package chocolate chips
1 cup 10X sugar
1/4 cup milk
5 Tablespoons oleo

Mix and boil one minute. Cool slightly and cover cake.

SPRUCE UP APPOMATTOX COUNTY COMPANYS COMING IN 1976

We all realize that 1976 is not just another year but rather it's kind of special in that it's the 200th birthday of our great country, The United States. This is the year to rededicate ourselves to preserve our freedoms and liberties, cultural heritage, and the natural beauty of our nation. For us, these efforts have to begin right here at home.

The 1976 Appomattox County Clean-Up is a planned county-wide effort to help to maintain the natural beauty of our rural countryside here in Appomattox County. The week of April 19-24 has been designated Appomattox County Clean-Up Week. During that week we're asking you to help clean-up our county with home beautification projects and a roadside clean-up on the final day (April 24) of the week.

During the past two years over 500 litter clean-up campaigns have been conducted and more than 60,000 junk automobiles have been removed and recycled in the state. We're counting on our churches, civic and social groups, concerned businesses and private citizens to make the 1976 Appomattox County Clean-Up Campaign a worthwhile event.

This year, again we will have the plastic disposal bags to be used by groups for the roadside clean-up. Also we have available litter bags to be used in automobiles. These may be picked up at the Appomattox Extension Office or your community representative. Representatives whom you can contact for information on the campaign are as follows:

Rocks - Ruth Caldwell; Christine Ranson; Pamplin - Donald Baldwin, Lawrence Hodges; Hixburg - Margaret Glover; Hurtsville - Christine Washington; Evergreen - Dan Harvey; Promise Land - Michael Hancock, Mrs. Kenneth Nash; Red House area - Isabelle Coleman; Appomattox - Mrs. C. T. Moses; Spout Spring - William Turner; Stonewall - Mrs. Hanna Rice, Mrs. Sue Tanner, Mrs. Shirley Tanner; Oakville - O. W. Martin, Percy Johnson, Eloise Jones; Vera - Mrs. Lacy Webb.

We do want to express our appreciation to Deputy Richard L. Phelps of the Appomattox Sheriff's Department and State Trooper T. W. Timberlake for the valuable information given at our last planning meeting.

NATHAN SMITH WINS TRACTOR DRIVING

Nathan Smith, representing the Appomattox Senior FFA Chapter won the Hub Federation Tractor Operator's contest. The contest was held on March 23 at Rustburg Middle School.

The contest consisted of backing and pulling a two wheel trailer, backing a four wheel wagon, and tractor maintenance trouble shooting. Safety, accuracy, and time are scored.

Nathan earned the best score in each of the three events. This win entitles Nathan to compete in the Southside Area contest May 1.

Nathan and the Appomattox County High School Agricultural Department would like to thank Mr. Jack Caldwell and Appomattox Truck and Tractor for the use of their tractor and Mrs. Henry Pack, Brod Pack, and George Perdue for the use of their trailer.

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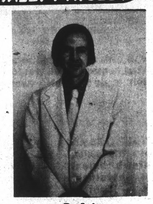

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Oakville

Mr. and Mrs. Palmer Moore, Kent, Brian and Terry, of Richmond, Mr. Hunter Moore, of Lynchburg, and Al and Darrell Moore were Sunday dinner guests of Mr. and Mrs. Tom Moore.

Sorry Mrs. David Harvey is a patient at Lynchburg General Hospital. We pray for her a speedy recovery.

Mrs. Clarke Moore, Mrs. Otho Martin, Jr., Mrs. Dora Coleman and Mrs. Herbert Richardson visited Mrs. Coleman's niece, Mrs. Elizabeth Kitchen in Buckingham last week. We are happy she is improving nicely after regent surgery.

Mr. Brandford Lucado is in Lynchburg General Hospital for treatment due to injuries received in an automobile accident last week. Glad to hear he is improving.

Recent visitors in the home of Mrs. Maggie Gardner and Ethel were Mr. David Drinkard, Mr. and Mrs. Tom Moore, Mr. and Mrs. Allen Gardner, Mr. and Mrs. Walker Cawthorne and Mr. and Mrs. Russell Covington and Jane Russell.

Those of this area attending the luncheon given by Mr. and Mrs. H. B. Smith on March 23 at their home, 2212 Rivermont Ave., Lynchburg, were Mrs. J. E. Moore, Mrs. J. E. Martin, Mrs. M. G. Martin, Mrs. S. G. Martin, Mrs. L. E. Martin, Mrs. Bennett Harding, Mrs. M. W. Drinkard, Mrs. C. T. Moses, Jr. and Mrs. M. A. Hunter. Also attending were Mrs. G. W. Taylor of Kingsport, Tenn., Mrs. Troy Livingood of Roanoke, Mrs. Neil George of Lynchburg and Miss Stephanie Bussey, of Randolph Macon College.

Mr. and Mrs. Clarence Smith, Michael and Todd were dinner guests Sunday of Mr. and Mrs. Herbert Richardson and Bill.

Mr. and Mrs. Donnie Moore, Dana, Audrey and Kevin were Sunday dinner guests of Mr. and Mrs. Aubrey Moore and Jane. Kevin was the overnight guests Saturday night in this home.

Mr. and Mrs. Ray Page and Mrs. Marshall Martin visited Misses Irene and Lucy Adams and Mrs. Gladys Carson in Farmville Sunday afternoon.

Jimmy Burcher U.S.N. spent the week end home with his parents, Mr. and Mrs. Garland Burcher.

The Pastor Speaks

Draw Nigh to God - Part I

Text: James 4:8

According to Romans 8:29 and 12:1 -2, God's will is that Christians should be conformed NOT to this world, but to the image of His Son Jesus Christ. In our text James deals with one aspect of being conformed to the image of Christ. That aspect is "Drawing Nigh To God."

In verse 7, James points out that there are two prerequisites to "Drawing Nigh To God".

First, he points out that we must submit to God. The word "submit" here is a military term. It means "to rank under". Thus, we must place ourselves under God. We must place ourselves at the disposal of God's sovereign will and mercy. We must be willing to give up OUR will to accomplish HIS will.

Second, we must resist the devil. Notice the text does not say, "resist sin." Taking a pain killer will relieve the effects of the pain temporarily. For permanent relief the source and root of the pain must be dealt with. The same is true of sin. We must do more than resist sin. The cause of sin must be dealt with. Search out the pedigree of sin and you will find it fathered by Satan. Read Ephesians 6:10-18 to find the manner in which the Christian is to fight Satan. Withstand and oppose Satan. Set yourself up against the devil and all his evil doings.

When the Christian has put into practice these two things: submitting to God and raging war to resist Satan, Then he can begin his life long duty of "drawing Nigh to God."

Glenn L. Benfield
Ass't Pastor & Youth Director
Bible Baptist Church
Appomattox, Virginia

ELEMENTARY SCHOOL MENU

Mon., April 5 - Spaghetti w/meat sauce, french bread, garden salad, gingerbread, applesauce, milk.

Tues., April 6 - Submarine sandwiches, pickle chips, green peas, candied sweet potatoes, milk, juice.

Wed., April 7 - Sliced Ham, hot rolls, green beans, whipped potatoes, birthday cake, pear halves, milk.

Thurs., April 8 - Chili carnie w/beans, cole slaw, hot rolls, brownies, applesauce, milk.

Fri., April 9 - Surf Patties, hot rolls, lima beans, buttered corn, applesauce cake, milk.

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The Sunday School Lesson

COMMENTS BY HERBERT C. BRADSHAW

Lesson For March 28, 1976

The Basis of Judgment
Scripture: Matt. 25

Truly, I say to you, as you did it to one of the least of these my brethren, you did it to me. Matt. 25:40

Human perversity likes to think of judgment as inconsistent with love, but thoughtful consideration shows that this is not the case. True love seeks what is best for a person, not what seems easy. Human perversity would like to escape judgment, but destruction is the only way to judgment.

Jesus taught that judgment is a feature of the kingdom of God. It is inextricably bound up with the love of God. God could have abandoned man when man disobeyed Him. The consequence of such a choice on God's part would have left man to his own destruction. One has only to observe the conduct of people to conclude that man, unrestrained by the knowledge and love of God, is by nature self-destructive. Even in his desire to enrich himself, he is destructive in his exploitation of his fellow men and his environment.

But God did not abandon disobedient man to his natural fate. He instituted a way for reconciliation, and He did so because He loves man. Therefore God forgives those who seek forgiveness for their sins and saves those who accept the redemption He offers. Those who do not accept His salvation do so, not because God does not love them, but because they choose, in their freedom to choose, to reject His love and stay outside His kingdom. John's Gospel reports Jesus as saying to Nicodemus (3:19-19):

"He who believes in him is not condemned; he who does not believe is condemned already, because he has not believed in the name of the only Son of God. And this is the judgment, that light has come into the world, and men loved darkness rather than light, because their deeds were evil."

Judgment, then, is an integral feature in God's deliverance of man from sin. It operates in two directions, one, to bless and reward those who accept God's salvation and live their commitment to Him; the other, to condemn and to keep out of the kingdom of God those who refuse to accept His salvation and to live in accordance with His will and standards.

In the New Testament teaching, there is more than one basis for judgment. One has been indicated in the quotation above, from John. Matthew reports Jesus' explanation of another basis, and this account provides the Scriptural background for this week's International Sunday School lesson. The "blessed of the Father," who are invited to enter the kingdom, are those who have ministered to people in need: the hungry, the thirsty, the stranger, the naked, the ill, the prisoner. Those who are refused entry into the kingdom of God and are sent "into the eternal fire prepared for the devil and his angels" are those who have not ministered to those in need.

From these two bases of judgment, both given by Jesus, has arisen a controversy which has marked the history of the Christian Church, faith vs. works. Yet these two bases of judgment are not contradictory, only superficially so. One must indeed believe in order to be saved. But coming to belief in God and faith that is salvation He has provided redeems from sin does not end man's responsibility to God. The individual proves his faith by obedience to God and in showing love to those God has made in ministering to them.

In his Letter to the Romans Paul reminds believers (2:6) that God "will render to every man according to his works." A few sentences on (3:23-25), he writes, "since all have sinned and fall short of the glory of God, they are justified by his grace as a gift, through the redemption which is in Christ Jesus, which God put forward as an expiation by his blood, received by faith."

As he undertook to put the faith-works controversy in perspective, James wrote(2:18) "Show me your faith apart from your works, and I by my works will show you my faith," and of Abraham (2:22), "You see that faith was active along with his works, and faith was completed by works," concluding (2:24), "You see that a man is justified by works and not by faith alone."

Jesus is saying in His picture of the judgment that the evidence of faith is the service rendered to those in need. Failure on the part of one who professes faith to demonstrate it by his practice belies his profession.

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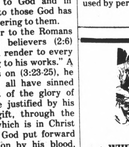

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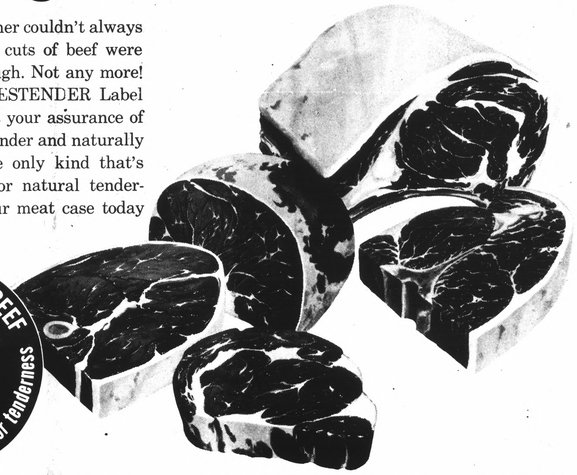

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